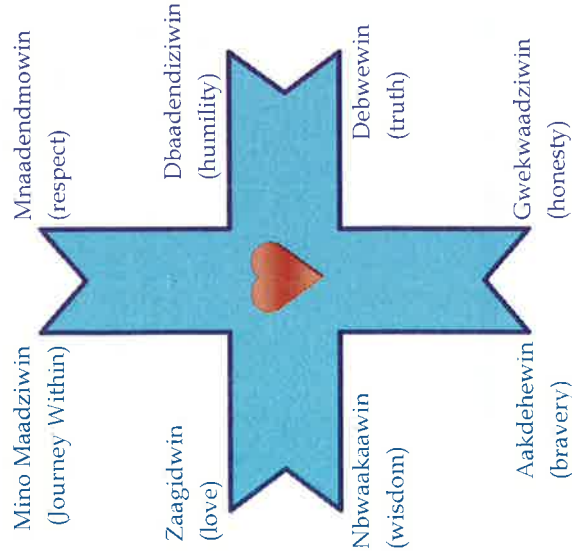


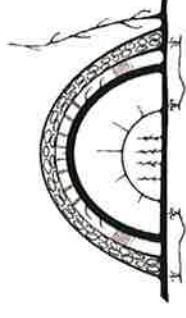
Supporting a family member wanting to make changes?

Family and friends play a critical role in motivating individuals with alcohol /drug problems to enter and stay in treatment. Family members or significant others' supporting an individual before, during and after a treatment program can enhance the benefits and strengthen relationships.



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A Guide For Families Before, During and After Treatment



Supporting One Who is Preparing To Go To Treatment

Offer support and encouragement to the person wanting to make positive changes.

Offer to accompany them to first appointment.

Reminder for all necessary documentation.

Provide reassurance

Offer guidance in finding the right treatment program

Help if you can to arrange for necessary child care or care of their house /apartment.

Assist in arranging transportation to and from the treatment centre.

Education yourself on the cycle of addictions or the substances abused.

Help arrange for any child care needs or medical/ dental needs prior to treatment.

Seek counselling for yourself to learn more about supporting your loved one or about how addictions has affected you.

If needed, talk to someone about a safety plan

Supporting Someone Who Is In Treatment

Client safety is a priority goal

Give them time to focus on their treatment.

Do not call or ask to visit unless it is an emergency. Clients can call home on 2nd weekend of the Rainbow Lodge program.

Reassure them you will be there for them when they get out of treatment.

Keep Informed: Find out more about the continuum of care

Keep their space at home clean and ready for them when they come home.

Remove any known triggers from the house if possible.

Develop effective communication skills

Learn cultural teachings

Learn about cognitive behavioural approaches

Read self-help books

Take care of yourself, attend to your own health and well-being

Supporting a Family Member Upon Their Return From Treatment

Be Patient with them, they have learned new skills and communication.

Encourage them to follow their aftercare plans, continue counselling and participation in wellness activities.

Attend cultural programs, Self-help programs like AA meetings and support groups.

Attend Information/Education Sessions in the community

Learn and develop new skills to cope, to problem solve, to manage stress

Join community events for wellness, health, exercise, family outings, ceremonies.

Recovery is an ongoing process.

Online Support Groups, Make your own support group with other families.

Relapse sometimes occurs, it does not cancel any prior achievements or learning.

Seek family treatment as appropriate

Celebrate
